

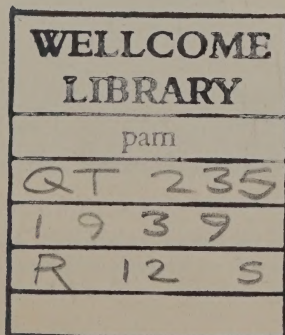


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Introduction

Snacks, or light quick meals are much in demand to meet the requirements of the present-day business man and woman. This little booklet has been compiled in the Radiation Research Kitchen to give a varied selection of recipes which it is hoped will prove to be very helpful to the housewife in her search for variety. The preparation of such meals will be greatly simplified when the services of a "New World" cooker are employed, as this cooker has the unique advantage of possessing a "Regulo" which controls all the oven cooking operations unaided.

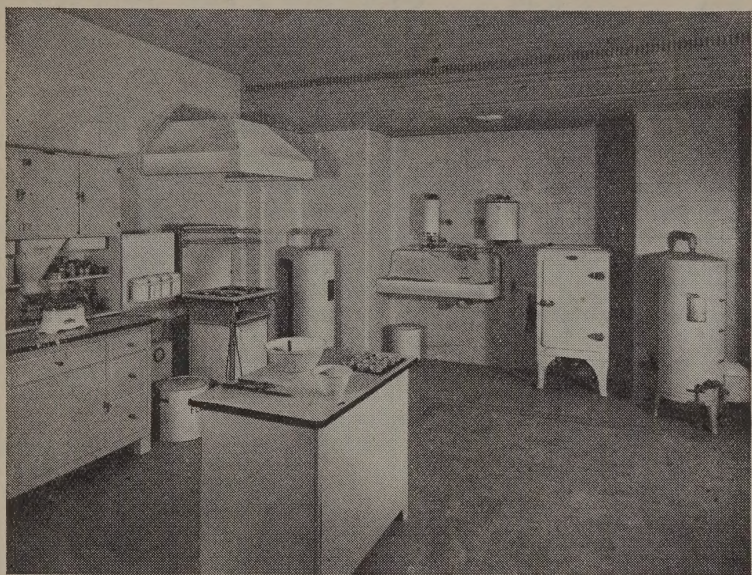
Grilling and Frying are exceedingly useful methods of cooking for these quick meals — especially where members of the household require their meals at different times. For the most part the food can be prepared early in the day, and individual portions cooked as required. Such cooking operations are carried out speedily and economically on the hotplate of the "New World" Cooker.



Radiation

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Two views of the Radiation Research and Demonstration Kitchen, which is completely fitted with the most modern equipment for extensive research and experimental work in cooking.

Snacks

FROM THE RADIATION

BAKED BANANA STEAK

Method. Choose a tender piece of steak 1 in. thick. Wipe it and split it open, leaving one end uncut so that it opens like a book. Season with salt and pepper and a little grated nutmeg. Cut the bananas in slices, lay them on one side of the opened steak, sprinkle with the sugar and cover with the other half of the steak. Place thin slices of bacon on top and fasten all together with a small skewer. Place in a small meat tin with a little water and bake in the oven for 25 minutes with the "Regulo" at Mark 8. Serve garnished with parsley or watercress.

Ingredients

$\frac{1}{2}$ - $\frac{3}{4}$ lb. fillet steak
Salt and pepper
Grated nutmeg
2 bananas (small)
1 teaspoonful sugar
2 or 3 slices of bacon
Water

Garnish.

Parsley or water-cress

Regulo Setting Mark 8
Time 25 minutes

FILLETS OF BEEF AU COQ

Method. To cook the fillets. Cut the fillet into slices $\frac{1}{2}$ -inch thick, and then into neat rounds. Sprinkle on the parsley and onion. Fry in the smoking hot butter, and drain carefully.

To prepare the croûtes. Remove the crust from the bread, divide into neat rounds and moisten with a little milk. Beat up the egg and add to it the salt, pepper, sweet herbs, and parsley. Dip the pieces of bread in this, then toss them in the breadcrumbs and fry to a golden brown colour in the butter.

To prepare the garnish. Sauté the mushrooms in butter. Dip the tomatoes in boiling water, skin and slice them and then fry gently in butter.

To serve. Dish the croûtes in a ring and place a fillet on top of each one. Follow with a slice of tomato on top of each fillet and pile the mushrooms in the centre of the dish.

Ingredients

Fillets of Beef.

1 $\frac{1}{2}$ lbs. fillet steak
1 teaspoonful chopped parsley
1 teaspoonful chopped onion
About 1 $\frac{1}{2}$ ozs. butter or margarine for frying

Croûtes.

Rounds of bread
Milk. 1 Egg. Salt. Pepper
 $\frac{1}{2}$ teaspoonful sweet herbs
1 teaspoonful chopped parsley
2 ozs. breadcrumbs

Garnish.

Mushrooms. Tomatoes
Butter or margarine

*Ingredients***For Pastry.**

6 ozs. flaky pastry

For Filling.

4 ozs. cooked ham

1 dessertspoonful capers

A little thick white sauce

or gravy or cream

Salt and pepper

A little egg

Regulo Setting Mark 7**Time 20 minutes****CIGARETTES OF HAM**

Method. Make the pastry. Roll out thinly and cut into 3-inch squares. Chop the ham and capers and mix them together; add the salt, pepper and the sauce. Spread the squares of pastry with the mixture. Damp the edges of the pastry, roll up and glaze with egg. Place the rolls on a baking tray and bake in the oven for 20 minutes with the "Regulo" at Mark 7.

*Ingredients***For Pastry Cases.**4 ozs. flour or 3 ozs. flour
and 1 oz. cornflour

2 ozs. butter or margarine

Salt. Yolk of 1 egg

Water

For Fillings.

3 sheep's kidneys

 $\frac{1}{2}$ oz. butter or margarine

Piece of onion

Piece of carrot

Blade of mace

3 peppercorns

 $\frac{1}{2}$ bay leaf. Salt $\frac{3}{4}$ pt. stock1 dessertspoonful corn-
flour

1 tablespoonful water

For Garnish.

2 scrambled eggs

1 cooked tomato

Regulo Setting Mark 7**Time 20 minutes****KIDNEYS À LA TURQUE**

Method. To make the pastry. Rub the fat into the flour and add the salt. Mix to a stiff paste with the yolk of egg and a little water. Line a flan ring or sandwich cake tin with the pastry and cover lightly with a piece of greased paper. Place a few crusts on the paper. Stand on the hot baking tray and cook for 15 minutes with the "Regulo" at Mark 7. Remove the crusts and paper and bake for a further 5 minutes with the "Regulo" still at Mark 7.

For filling. Skin, wash and dry the kidneys. Melt the butter and fry the kidneys for a few minutes. Add the vegetables, mace, peppercorns, bay leaf, salt and stock. Simmer until tender. Strain the liquid and thicken it with the cornflour previously blended with the water. Split the kidneys and add them to the sauce. Re-heat the mixture and arrange neatly in the pastry case. Pile the scrambled eggs in the centre and decorate with the sliced tomato.

Snacks

FROM THE RADIATION

CHEESE TOAST

Method. Melt the butter in the milk. Shake together on a piece of kitchen paper the grated cheese and the flour, then add to the milk and butter. Heat, stirring constantly until the mixture thickens. Season carefully and serve immediately on rounds of hot buttered toast.

Ingredients

2 ozs. butter. $\frac{1}{2}$ pint milk
 $\frac{1}{2}$ lb. of grated cheese
 2 ozs. flour or
 $1\frac{1}{2}$ ozs. cornflour
 Seasoning
 Rounds of buttered toast

KROMESKIES

Method. To make the Batter. Sift the flour and the salt together. Make a hole in the centre of the flour. Add the salad oil and the yolk of egg. Add the warm water gradually and beat well until quite smooth. Leave the batter as long as possible, and just before using, fold in the stiffly whisked white of egg. If a very crisp batter is desired, omit the yolk of egg and add a little extra water.

To make the Filling. Melt the butter. Add the flour and cook together for two minutes. Add the stock gradually and stir continuously until it reaches boiling point. Simmer for a few minutes, stirring all the time.

Mince the meat and add to the sauce. Season carefully. Form the mixture into 6 rolls. When cold, enclose each roll in a thin slice of bacon. Coat the rolls in the batter and fry in smoking hot fat until brown and crisp. Drain thoroughly. Serve at once, garnished with slices of lemon and fried parsley.

Ingredients

French Batter.

$2\frac{1}{2}$ ozs. flour. Salt.
 1 dessertspoonful salad oil
 1 yolk of egg
 $\frac{1}{8}$ pt. warm water (about)
 1 white of egg

For Filling.

1 oz. butter or margarine
 1 oz. flour or
 $\frac{3}{4}$ oz. cornflour
 $\frac{1}{4}$ pt. stock
 3 ozs. cooked chicken,
 veal or rabbit
 1 oz. ham 6 slices bacon
 Seasoning

Garnish.

Slices of lemon
 Fried parsley

Ingredients

4 ozs. calves liver Pepper
Chopped parsley. Salt
6 rashers of bacon
Slices of bread

LIVER ROLLS

Method. Chop or mince the liver, season and mix with the parsley. Place some of the liver on one end of each rasher of bacon and roll the bacon round it. Cut the bread into six fingers, 2-ins. by 1-in. Dip the fingers in milk, then place them in a greased au gratin dish. Stand a bacon roll on each finger and bake in the oven for 25 minutes with the "Regulo" at Mark 6.

Regulo Setting Mark 6
Time 25 minutes

Ingredients

Potatoes. Tomatoes
1 oz. butter or margarine
Seasoning
2 ozs. dripping
English neck mutton chops

MUTTON CHOPS

Method. Wash the potatoes, peel and slice thinly. Dry thoroughly in a cloth.

Dip the tomatoes into boiling water. Skin and slice them. Place in a metal casserole with the butter and seasoning.

Heat the dripping in a meat tin — this can be done in the oven while it is heating up. Toss the chops in seasoned flour and place in the smoking hot fat. Baste thoroughly. Arrange the sliced potatoes round and toss until well coated with fat.

Place the chops and potatoes on the 2nd runner and the tomatoes on the 5th runner. Bake for 30 minutes with the "Regulo" at Mark 8.

(Series 2 "New World" Oven — Tomatoes on the lowest runner).

Regulo Setting Mark 8
Time 30 minutes

Snacks

FROM THE RADIATION

POT-ROASTED HAM

Method. Select a slice of ham about 1-inch thick and weighing about 1-lb. It must be mild-cured and tender; if inclined to be salt, soak first in cold water.

Trim off some of the fat, cut this into small pieces, and arrange it over the bottom of a small meat tin. Lay the ham in the tin and sprinkle on the sugar. Peel the potatoes and halve and core the apples without paring. Arrange the potatoes and apples round the ham, add the water, cover with greaseproof paper and another tin or plate, and bake in the oven for 1 hour with the "Regulo" at Mark 6.

Make a gravy with the juice, mixing with it a meat cube and other seasoning if desired.

Ingredients

1 slice of ham
2 tablespoonfuls brown sugar
6 potatoes. 3 apples
 $\frac{1}{4}$ pt. water. 1 meat-cube

Regulo Setting Mark 6
Time 1 hour

SAVOURY CHEESE ROLLS

Method. Boil the milk. Add the semolina and stir until thick. When cool, add the beaten egg. Reheat the mixture to cook the egg but do not allow to reach boiling point. Season carefully. Turn the mixture on to wet plates and spread to $\frac{1}{2}$ -in. thick. Leave until quite cold and then cut into rounds $1\frac{1}{2}$ -ins. in diameter

To make the cheese paste, beat the egg, add the grated cheese, seasoning, cayenne and lastly the melted butter. Leave until cold. Spread half the rounds of semolina mixture with the cheese paste $\frac{1}{4}$ -in. thick and put the remaining rounds on top. Press together. Coat with egg and breadcrumbs and fry in smoking hot fat. Serve immediately, garnished with watercress.

Ingredients

$\frac{1}{2}$ pt. milk. 1 oz. semolina
1 egg. Seasoning
Egg and breadcrumbs for coating

For Cheese Paste.

1 egg.
4 ozs. grated cheese
Cayenne.
1 oz. butter or margarine

Garnish.

Watercress.

Ingredients

Choux Pastry.

$\frac{1}{2}$ pt. water
3 ozs. butter or margarine
5 ozs. flour or 3 ozs. flour
and 2 ozs. cornflour
3 eggs

Filling.

Sardines or hard boiled
eggs. Cayenne.
A little thick white sauce,
or mayonnaise.

Garnish.

Watercress

SAVOURY ECLAIRS

Method. Heat the water and butter in a pan and when boiling, add the sifted flour. Stir briskly, while still heating, until the paste is smooth and leaves the side of the pan. Allow to cool and then beat in the eggs, one at a time. Put the choux pastry into a forcing bag fitted with a large plain round pipe. Force the mixture on to greased baking trays in fingers about $3\frac{1}{2}$ -ins. long. Bake for 40 minutes with the "Regulo" at Mark 5. When cooked, split one side open with a knife and remove any soft inside part. Allow to cool before filling.

To make the Filling. Skin the sardines, remove the backbones. Season with cayenne and place 1 or 2 in each éclair. Alternatively mash the sardines or chop the eggs and moisten them with white sauce or mayonnaise. Decorate both ends of the éclair with watercress.

Regulo Setting Mark 5
Time 40 minutes

Ingredients

3 eggs. Pinch of thyme
1 teaspoonful of chopped
parsley
Salt and pepper
 $1\frac{1}{2}$ ozs butter or margarine

SAVOURY OMELETTE

Method. Beat the eggs thoroughly. Add the parsley, thyme, seasoning and half the butter cut into very small pieces. Melt the rest of the butter in an omelette pan and remove the scum. When the butter is hot, but not smoking hot, pour in the eggs. Stir until the mixture begins to set. When set, fold at the side of the pan into an oval, turn out and serve at once. Savoury omelettes may be varied by the addition of kidney, mushrooms, liver, ham etc. Cut the kidney, etc., into small pieces and sauté in butter. The filling should be put on the omelette before folding.

Snacks

FROM THE RADIATION

DEVILLED BEEF

Method. Make the paste by pounding the ingredients together. Spread the slices of beef, first with butter and then with the paste. Grill quickly for a few minutes and serve immediately with vegetables.

Ingredients

Slices of cold roast beef,
preferably undercooked

For Paste

1 teaspoonful of mustard
 $\frac{1}{2}$ teaspoonful black pepper
Flavouring sauce
Cayenne pepper. Butter

SCOTCH EGGS

Method. Mark the shell on one side of each egg. Place the eggs in cold water in a saucepan and bring to the boil. Immediately they boil turn the eggs over and boil for 10 minutes. It is necessary to turn the eggs so that the yolks can be kept in the middle; the mark serves as a guide. Place at once in cold water. When cool shell the eggs carefully.

Ingredients

3 eggs. $\frac{1}{2}$ lb. sausages
1 egg. Breadcrumbs

To serve hot

Fried croûtons of bread,
or mashed potatoes and
tomato sauce

To serve cold

Salad plants
Tomatoes

Skin the sausages and flatten each out on a floured board. Dry the eggs in a cloth and dip them in flour. Cover each egg evenly with the sausage meat. Brush with egg and dip into crumbs. Fry until a nice golden colour in fat that is smoking hot. Drain on soft paper.

To serve hot. Cut the coated eggs in half, slantwise, using a hot sharp knife. Serve each half on a fried round of bread or on a neat mound of mashed potato which should be hollowed to hold the egg. Serve tomato sauce around the potatoes.

To serve cold. Place the coated eggs on a bed of lettuce or watercress. Decorate with sliced tomatoes.

RESEARCH KITCHEN

Snacks

Ingredients. *Per person*

Anchovy Paste.

1 anchovy. 1 oz. butter
1 hard boiled egg
Anchovy essence
Cayenne. Seasoning
1 slice of toast

For Scrambled Eggs.

1 egg
1 dessertspoonful of milk
Seasoning
Small piece butter

SCOTCH WOODCOCK

Method. *Anchovy Paste.* Skin the anchovy and sieve together with the hard-boiled egg. Beat in the butter until smooth. Season and add anchovy essence to taste. Spread on hot buttered toast.

Scrambled Egg. Beat up the egg ; add seasoning and milk. Melt the butter, add the egg and stir over a low flame until the mixture is of a creamy consistency. Serve on the anchovy paste on the hot buttered toast.

Ingredients

1 cucumber
2 ozs. cooked chicken, ham
or sausage meat
1 tablespoonful bread-
crumbs
 $\frac{1}{2}$ pt. gravy or brown sauce
Seasoning

Regulo Setting Mark 5
Time 45 minutes

STUFFED CUCUMBERS

Method. Peel the cucumber and cut into 2-in. lengths. Scoop out most of the centre leaving enough to close one end of each piece. Make a stuffing from the minced meat, the bread-crumbs and sufficient gravy to moisten. Season carefully. Fill the cavities with stuffing and stand the pieces of cucumber in a casserole. Pour hot gravy round and cover with the lid. Cook in the oven for 45 minutes with the "Regulo" at Mark 5.

Ingredients

1 oz. butter or margarine
4 eggs
2 ozs. grated cheese
(Gruyère)
Seasoning
3 tablespoonfuls of cream

Regulo Setting Mark 3
Time 15 minutes

SWISS EGGS

Method. Melt half the butter in a shallow dish and then put in a thin layer of cheese. Break in the eggs and add the seasoning. Pour in the cream, follow with the remaining cheese, and finally add the remaining butter in small pieces. Bake in the oven for 15 minutes with the "Regulo" at Mark 3. The cream may be omitted if desired.

Snacks

FROM THE RADIATION

STUFFED ONIONS

Method. Peel the onions and take out the centres. Sprinkle with salt and pepper and fill with the forcemeat ; place in a baking-tin with the stock poured around, and some pieces of bacon on top of each onion. Cook in the oven for $1\frac{1}{4}$ hours with the "Regulo" at Mark 7. Add a little meat extract to the gravy and serve with the onions. The onions may be parboiled before they are stuffed. The time for baking should then be decreased.

Ingredients

$\frac{1}{2}$ dozen Spanish onions
Seasoning
Veal forcemeat or sausage meat. 2 ozs. bacon
 $\frac{1}{4}$ pt. brown stock

Regulo Setting Mark 7
Time 1 hour 15 minutes

TOMATO DUMPLINGS

Method. For pastry. Sift the flour and the salt together and rub in the fat. Add sufficient water to form a very stiff paste. Divide into six equal portions and roll each one into a round shape.

N.B. If preferred, flaky pastry may be used.

For Filling. Cut a thin slice from the stalk end of each tomato. Scoop out the centre, taking care not to break the skin. Mix with the cooked macaroni, broken into very small pieces, and the finely grated cheese, season with pepper and salt, and use this to fill the tomatoes. Cover each tomato with a round of pastry. Bake in the oven for 40 minutes with the "Regulo" at Mark 7.

Ingredients

For Pastry.

$\frac{3}{4}$ lb. flour. Salt
3 ozs. butter or margarine
3 ozs. lard. Cold water

For Filling.

6 large firm tomatoes
2 ozs. finely grated cheese
1 oz. cooked macaroni
Pepper and salt

Regulo Setting Mark 7
Time 40 minutes

Ingredients

Cold cooked potatoes
Butter or margarine
Seasoning
1 oz. butter or margarine
1½ ozs. flour or
1 oz. cornflour
½ pint milk
1 egg. Lemon juice
2 ozs. cooked macaroni
2 ozs. grated cheese
6 firm tomatoes

TOMATOES ITALIENNE

Method. Sieve the potatoes, heat in a saucepan with some butter and seasoning and beat well. Put the mixture into a forcing bag and pipe round a shallow fireproof dish making a high wall. Decorate the wall with piped stars. Melt 1 oz. butter. Stir in the flour and cook for two minutes. Add the milk gradually and stir continually until the mixture reaches boiling point and thickens. Season carefully. Add the beaten egg, lemon juice, macaroni and nearly all the cheese. Pour the mixture into the centre of the dish. Dip the tomatoes into boiling water, skin and cut into sections and place on top of the macaroni mixture. Sprinkle on the rest of the cheese and brown under the grill.

Ingredients

For Biscuits.

1 oz. butter or margarine
1 oz. flour. 1 oz. cornflour
1 oz. of grated cheese
Salt and cayenne
Yolk of egg. A little water

Number of Biscuits — 14

For Mixture.

¼ pint of cream
1 oz. of Parmesan cheese
Salt and pepper
1 hard boiled egg

Garnish — Watercress

Regulo Setting Mark 7
Time 7 minutes

WATERLILY SAVOURIES

To make the Biscuits. Rub the butter into the flour and cornflour. Add the grated cheese, salt and cayenne. Mix to a stiff paste with the yolk of egg and a little water. Turn the mixture on to a floured board and knead until smooth. Roll out thinly and cut into rounds. Place them on greased baking trays and bake for 7 minutes with the "Regulo" at Mark 7.

To make the Mixture. Whisk the cream until stiff. Fold in the cheese, salt, pepper and sieved white of egg. Pile some of the mixture on the centre of each biscuit. Garnish with sieved yolk of egg and watercress.

Snacks

FROM THE RADIATION

To make good sandwiches care should be taken over the following details —

Choose a sandwich or tin loaf for preference. Warm and slightly cream the butter with a palette knife, but do not allow it to become oiled. Have pastes sufficiently moist to spread easily — if the paste is too stiff, work in a little butter or some sauce.

Use a sharp bread knife for cutting and a pliable knife for spreading the butter and filling. When the sandwiches are made, place in a pile and press them well down before removing the crusts and cutting into fancy shapes.

To keep the sandwiches moist, wrap them in greaseproof paper and then in a damp cloth.

SANDWICHES

CHICKEN & CHUTNEY SANDWICHES

Method. Mince the chicken, add the butter and a very little cream or thick white sauce. Beat until very smooth. Sieve some chutney and mix with the chicken. Season carefully. Use as a filling for sandwiches.

Ingredients

4 ozs. of cooked chicken
1 oz. butter
Cream or thick white sauce
Chutney. Seasoning

CREAM CHEESE SANDWICHES

Method. Break up the cream cheese very lightly using a fork. If using the cream and cheese, whip the cream and add the Parmesan or grated cheese. Fold in carefully some finely chopped celery. Add cayenne and salt to taste. Use as a filling for sandwiches. Garnish with young leaves of celery.

Ingredients

1 cream cheese
or 3 tablespoonfuls thick
cream and
3 tablespoonfuls Parmesan
or grated cheese
Celery. Cayenne. Salt

LIVER FILLING

Method. Sieve the liver and season carefully. Spread slices of brown bread and butter with a layer of the liver and then with lettuce leaves. Cover with similar slices of bread and butter. Press well together and cut into neat shapes.

Ingredients

Some lightly cooked liver
Brown bread and butter
Seasoning. Lettuce

Ingredients

Slices of ham, tongue, cold
roast or grilled beef
Mustard or mayonnaise
Green filling, e.g., lettuce,
watercress, etc.

MEAT FILLING

Method. Place slices of the selected meat on some thin pieces of bread and butter. Spread on a layer of mayonnaise or some mustard and then a layer of green filling. Place bread and butter on the top. Press well together and cut into shapes.

Ingredients

1 tin sardines
2 or 3 tomatoes
2 hard boiled yolks of eggs
1 oz. butter
Lemon juice or vinegar
Salt and pepper

SARDINE AND TOMATO FILLING

Method. Skin and bone the sardines, and then split them in halves. Pass the tomatoes and the yolks of eggs through a fine sieve and mix in the butter. Add the lemon juice or vinegar and salt and pepper to taste. Prepare some thin slices of bread and butter. Spread with the tomato filling and then with the split sardines. Cover with thin slices of bread and butter. Press well together. Cut into shapes and dish tastefully.

Ingredients

Crab, lobster, prawns or
shrimps
Mayonnaise. Seasoning

SHELL FISH FILLING

Method. Remove the flesh from the shell and break it up into small pieces. Spread mayonnaise on some thin slices of bread and butter and then put on a layer of the fish sprinkled with salt and pepper. Cover with thin slices of bread and butter. Press well together and cut into neat shapes.

Ingredients

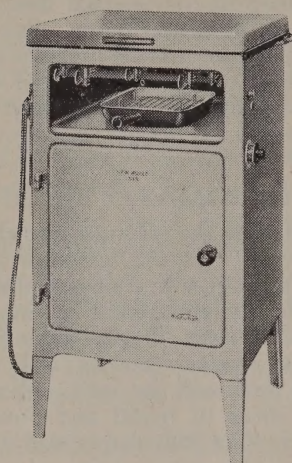
$\frac{1}{2}$ lb. tomatoes
1 oz. butter
1 oz. grated cheese
Seasoning. 1 egg

TOMATO PASTE

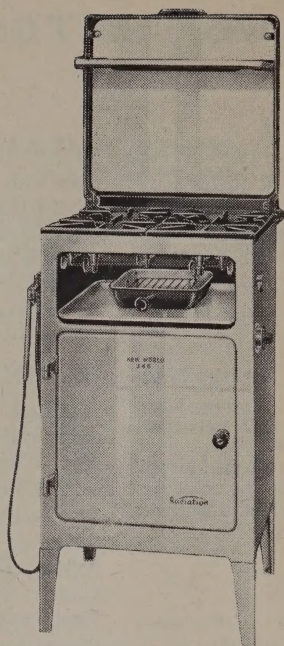
Method. Dip the tomatoes in boiling water and then remove the skins. Place them in a saucepan, heat slowly and mash to a pulp using a wooden spoon. Add the butter, grated cheese, seasoning and the beaten egg. Stir gently until the mixture thickens but do not allow it to reach boiling point. Leave until cold before using as a filling for sandwiches.

NEW WORLD GAS COOKERS

Nos. 345 and 348



NEW WORLD No. 345
with cover-plate closed



NEW WORLD No. 345
with cover-plate raised and
plate shelf ready for use

These all-enamelled gas cookers are the latest in cooker construction. Note the hinged cover-plate which can be lowered to cover the hotplate when the hotplate is not in use. Also the enamelled plate shelf which will fold back flat when not in use.

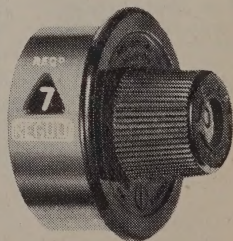
All hotplate burners are self-lighting, fitted with the Radiation patent non-lighting-back device. The high speed grill reaches toasting heat 60 seconds after lighting.

The beautiful Enamel finish—White, Green or Blue—can be cleaned in a moment by simply rubbing over with a damp cloth.

The "Regulo" cooking numbers appear in the triangular opening as the knob is rotated.

The three sides of the triangle are a reminder of the features that have made the "New World" the most perfect cooking oven obtainable, i.e., single oven burner, direct bottom-flue-outlet, and the "Regulo" automatic heat control. These three features together are distinctive of the "New World" Cooker with which the highest standard of cooking is attainable.

- Super-speed boiling burners and grill.
- Self-lighting hotplate burners with patent non-lighting-back feature.
- Single oven burner at back, but lighted at front.
- "Regulo" oven-heat control.
- Folding cover-top with plate shelf.



The word "Regulo" is the registered trade mark of Radiation Ltd.

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